

Welcome to the latest Psychology newsletter

October 2019

In this month's newsletter, you'll find the regular updates on our activities, from learning and teaching achievements, new grants and publications, to the conferences and outreach events we've been part of.

To keep up to date with the latest news from the team as it happens, follow us on Twitter [@HWPsych](#) or find us on [Facebook](#).

Links: [Social Sciences](#) | [Psychology](#) | [Twitter](#) | [Facebook](#)

The newsletter displays best on tablets (PDF attached also).



Follow our updates on Twitter [@HWPsych](#)

Our team...#WattATeam!

Over the past few weeks, we've been showcasing the expertise of our academic team in Edinburgh, Dubai and Malaysia via our [Facebook](#) and [Twitter](#) channels. The brief research overviews highlight the main areas of interest within our three research themes, and give links to find out more about individual staff profiles. You can find those overviews using the hashtag #WattATeam on Twitter (@HWPsych). If you use either network for work purposes please like/share those posts if you can, and encourage your networks to follow our channels. There are regular posts about our research seminars, outreach events and other activities.

It's hard to believe, but we're just over halfway through the first semester of teaching for the 2019/20 academic year. For all our students, do keep up the good work, and if you have any questions remember to speak to your lecturers or Personal Tutor as soon as possible.

Forthcoming events

Research Seminars/Events
 - Josh Davies (U. Greenwich), 11 November, WA111
[Abstract](#) | [Speaker profile](#)
 - Angus Addelee (HWU) 2 December, MBG13
[Abstract](#) | [Speaker profile](#)
 - Simon Kyle (U. Oxford), 27 January
[Abstract](#) | [Speaker profile](#)

Full **Psychology Research Seminar** details are available on [Facebook](#).

In the news

School for CEOs: [Overcoming Imposter Feeling](#)

The Scotsman: [Female chiefs twice as likely to suffer from 'imposter feeling', report finds](#)

The Psychologist: [Guide to... Retirement](#)

Latest publications

Agnew C. & Fruhen L. (2019). The role of safety culture and safety leadership for safety-related outcomes. In R. J. Burke & A. M. Richardsen (Eds.), *Increasing Occupation Health and Safety in Workplaces*. Cheltenham, Edward Elgar Publishing Ltd.

Conferences and outreach activities

Our Psychology Research Seminars restarted last month; event details for the next seminars are above, with a fuller list available on [Facebook](#).



At the end of last month, colleagues in Edinburgh participated in Explorathon 2019, "an extravaganza of shows, talks, family activities, comedy and discovery" across Scotland, with Maria Garraffa exploring the bilingual brain at the Botanic, while Anna Sedda and Federico Brusa ran interactive workshops on the psychology of the body at Leith Labs. Our engagement activities for this month also got off to a good start with Michael Craig and Alan Gow taking part in events at the Midlothian Science Festival, exploring aspects of brain health, memories and music.

And finally, Joe Stubbersfield was interviewed for a podcast on urban legends (executive produced by Dwayne "the Rock" Johnson!). You can listen to the podcast [here](#).

The team regularly present at national and international conferences and at a range of public engagement events. A selection of the most recent include:



Sedda A. (2019). This is not my arm! Ocean Terminal (Edinburgh), Explorathon, 28th, September.

Brusa F. & Sedda A. (2019). The Psychology of the Body. Ocean Terminal (Edinburgh), Explorathon, 28th, September.

Gow, A. J. (2019). What Keeps You Sharp? Exploring physical activity and brain health. Presentation at the EXTEND Exercise Annual Conference, Birmingham, UK, 28th September.

Sedda A. (2019). The Rise of Perfectionism - Mental Health Conference. Organized by Development and Alumni, the Heriot-Watt Student Union and Equality and Diversity, Edinburgh, 3rd October.

Garraffa M. & Sedda A. (2019). Lost in BSL translation: Psychology meets BSL interpreters. Open Doors activity, part of Heriot-Watt Learning and Teaching Day 2019: Spaces Places and Communities of Learning, Edinburgh, 9th October.

Gow, A. J., Craig, M. & Pollard, M. (2019). Think, Music and Memories. Presentation as part of Midlothian Science Festival, Loanhead, UK, 10th October.

Craig, M. & Parkinson, L. (2019). Think, Music and Memories. Presentation as part of Midlothian Science Festival, Penicuik, UK, 15th October.



Student voice

In "Student voice", we hear from our students. Every contribution is different, so if you have something you'd like to share, get in touch with [Alan Gow](#). This month we're hearing about the role of the Class Reps.

Class Reps: The main role of the Class Reps is to gather students' opinions on courses as well as their university experience, which is then passed onto the School Officer and the Year Coordinators. They ensure that they present an impartial opinion, rather than a personal view. They are also responsible for signposting students to the appropriate person/service if any non-academic issues are brought forward. They attend regular meetings with the School Officer and respective Year Coordinators.

They try their very best to make sure all issues are taken forward and a resolution is achieved.

The Class Reps are, for 1st Year: Aimee Crossland, Nadine Inglis, Maya Little, Nirvana Sabzabadi and Lucas Wilson; 2nd Year: Emma Juvik, Dina Roggero and Oscar Thompson; 3rd Year: Sara Shafiq, Kimberley Wylie, Tazmin Miah and Shana Faraghat; and 4th Year: Amanda Kilfeather, Jenny Panton and Elliot Kovanda.

School Officer (Caitlin Cryer, so.psychology@hw.ac.uk): Their main role is to ensure that any academic issues as well as any discrepancies are dealt with appropriately, and to make sure students have the best possible academic experience they can. They work in collaboration with the Student Union, as well as the department and school. They also attend weekly meetings with the Student Union, regular meetings with the staff representative for Psychology, meetings with different members of the school as well as monthly meetings with the Class Reps. Students can find out more information about what the School Officer does at <https://www.hwunion.com/be-represented/academic/be-a-school-officer/>

Learning and teaching

With the academic year well underway, it's a useful time to remind you of some of the key contacts within the department. If you have a question about a specific year/programme, the people to contact in the first instance are:

- Year 1: Louise Delicato
- Year 2: Kevin Muldoon
- Year 3: Daniel Hale
- Year 4: Lauren Potter
- Director of Undergraduate Taught programmes: Monica Tamariz
- Director of Postgraduate programmes: Mioara Cristea

Full contact details for all staff can be found [here](#).

Meet the team



Andrew Pearce, PhD Student (Edinburgh)
 Andy started his PhD in the Ageing Lab, led by Professor Alan Gow, in September 2019. Following his BSc in Psychology at the University of Chichester, Andy completed his MSc in Cognitive Neuroscience at the University of Sussex. His MSc dissertation examined the apolipoprotein E gene, which is the biggest genetic risk factor for dementia. Andy's PhD is investigating how this gene interacts with lifestyle to affect our thinking skills as we get older. He is also investigating white matter integrity, cerebrovascular health, and neural connectivity to better understand how the apolipoprotein E gene and lifestyle affect the brain.

Team news

Giuditta Smith joined the team as a visiting PhD Research Student in The Language Across the Life Span Lab.

Alan Gow joined the Board of Trustees of Luminate, Scotland's creative ageing organisation, and is now a member of the Cross-Party Group for Age, Ageing and Older People.